

# MURRAY SENIOR RECREATION CENTER

## 2019 Recreation for 55+ September

### Annual Open House and Family Concert

Our ANNUAL OPEN HOUSE is on **Monday, September 9** from **5:00-8:00**. The theme is **Senior Centers: The Key to Aging Well!** and incorporates how we can grow, learn, connect, and give at our senior center. **DINNER**—two pieces fried chicken, potato salad, baked beans, watermelon, and peach cobbler with ice cream—will be served anytime from **5:00-6:30**. Tickets are available for purchase. Purchase deadline is Friday, August 30. The cost is **\$8** per person or **\$28** for a family of four. All ages are welcome. Thank you to Friendship Manor for donating to this event.



The **FAMILY CONCERT** begins at **7:00** and features the *Great Basin Street Band*. The concert is **free** and open to all ages.

GBSB is tallying great scores at a number of internationally-recognized jazz and music festivals. All members of the Band are stand-alone great artists, yet the combined ensemble defines the concept of synergy. GBSB is entertaining and musically outstanding, promising an exciting experience for any audience! The Band has performed at numerous jazz festivals.



### Senior Recreation Center



#10 East 6150 South  
Murray, UT 84107

**801-264-2635**

seniorrec@murray.utah.gov  
murray.utah.gov/140/Murray-Senior-  
Recreation-Center  
Director: Tricia Cooke

#### Monday – Friday

8:00 – 4:30

#### Thursday

8:00 – 9:30

#### Saturday – Sunday

Closed

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### 2019 Center Closures

Monday, September 2	Labor Day
Monday, November 11	Veterans Day
Thursday, November 28	Thanksgiving
Friday, November 29	Thanksgiving
Wednesday, December 25	Christmas



[www.facebook.com/MurraySeniorRec/](https://www.facebook.com/MurraySeniorRec/)  
[www.facebook.com/MurrayCityUtah/](https://www.facebook.com/MurrayCityUtah/)

### 2019 Special Events

Monday, September 9	Open House
Wednesday, October 16	Oktoberfest
Monday, November 4	Veterans Brunch
Wednesday, November 13	Thanksgiving Meal
Friday, December 6	Holiday Boutique

### Murray City Administration

Mayor Blair Camp  
 Parks and Recreation Director: Kim Sorensen  
 City Council:  
 Dave Nicponski, District 1  
 Dale Cox, District 2  
 Jim Brass, District 3  
 Diane Turner, District 4  
 Brett Hales, District 5

### Murray Senior Recreation Center Staff

Director	Tricia Cooke
Programming	Maureen Gallagher
	Wayne Oberg
Secretary	April Callaway
Receptionist	Miranda Carter
Ceramics	Cindy Mangone
Meals Supervisor	Allie Rivera
Meals Assistant	Chris Miller
Dishwasher	Annie Gardner
Custodian	Bart Harris
Building Attendant	Pete Wright

### Advisory Board

**Chair:** Ed Houston  
 Christine Clark Richard Clark  
 Brenda Clausen Max Derrick  
 Sandra Jones Jenny Martin  
 Erich Mille Pete Wright

## Heritage Senior Adults, Inc.

**DONATIONS** made to the Murray Senior Recreation Center go to the Heritage Senior Adults, Inc., which is a 501(c)3 and funds a scholarship program for our seniors.

The **SCHOLARSHIP** program provides up to \$70 per month for one year to an individual to help pay for lunch and activities at the Murray Senior Recreation Center. Applications are available at the Front Desk.

Pick up your 20% senior discount punch card (60+) at the Front Desk for use at any **CHUCK-A-RAMA** restaurant. The cost is \$1 and Chuck-A-Rama gives the Heritage Senior Adults, Inc. all the proceeds from sale of the cards.

Each time you swipe your rewards card at Smith's, we will earn money through **SMITH'S INSPIRING DONATIONS**, but only if you link your rewards card to the Heritage Center (#80274).

Add a tile to the **WALL OF SUPPORT** in the Murray Senior Recreation Center courtyard. Messages can be 3 lines with up to 20 characters per line. The tiles are 4"x 8"x 2½" (\$125) or 8"x 8"x 2½" (\$250) and are engraved using state-of-the-art laser technology, which ensures strength and durability for a lifetime.

## Miscellaneous Information

Our monthly **NEWSLETTER** is emailed to those who have a current participant account and have provided us with their email address. It is also available at the Front Desk of the Murray Senior Recreation Center, online at [murray.utah.gov](http://murray.utah.gov), or mailed to your home for a \$20 yearly subscription fee. Donations are appreciated for the copies picked up at the Murray Senior Recreation Center and the suggested donation is \$1 per issue. *Newsletters are archived online.*

Ask at the Front Desk for a copy of our **CANCELLATION POLICY**. In general, for classes or services the policy is two working days, for trips or special events it is five working days, and for overnight trips it is six weeks in order to receive a full refund.

The Murray Senior Recreation Center accepts all major **CREDIT CARDS** for activity payments made over the phone or in person. All charges made will show from "Murray Parks" on your credit card or bank statement.

Inquire at the Front Desk if you need **SPECIAL ACCOMMODATIONS** to

participate in any of our activities. We will make every effort to assist hearing, vision, or physically-impaired participants if notified at least three working days in advance.

**ANIMALS** are not allowed on the premises of the Murray Senior Recreation Center except service animals as defined by Utah Code. The service animal must be wearing its service vest or the individual may present the animal's identification card or another form of identification.

April Callaway is a **NOTARY** and is available to sign documents that need to be notarized; this is a **free** service for Center participants.

Our **ADVISORY BOARD** meets monthly at 10:30 on the 4th Wednesday each month. The public is always welcome to attend and there is a time provided for comments.

### Bus Trip Reminders

- Please park your car north of the light pole in our parking lot to free up space for the daily patrons of the Murray Senior Recreation Center.
- Please remember to bring your own water to enjoy on the trip.
- For Le Bus chartered bus trips, the trip escort will pass around a tip jar to collect tips for the driver. The standard tip is \$1 per person.

## eBooks and eAudiobooks Class

On **Friday, September 6 at 10:30**, a representative from Murray City Library will teach you how to use **eBOOKS and eAUDIOBOOKS**. Bring your devices (tablet, smart phone, eReader, etc.) and all passwords for your accounts (Amazon, Apple, Adobe, etc.). Also, bring your Murray Library Card. If you don't have a Murray Library Card and would like one, please bring a photo ID printed with your current address, or a piece of mail with your name and current address. This is a **free** class. [Register now](#). Space is limited to seven participants.

## History Class: Battle of Midway

On **Tuesday, September 10 at 10:30**, Jim Duignan, who originally hails from Dublin, Ireland, and is a retired history teacher, will discuss the **BATTLE OF MIDWAY**, which was a decisive naval battle in the Pacific Theater of World War II. The battle took place between June 4 and 7 in 1942, only six months after Japan's attack on Pearl Harbor. The Japanese hoped another demoralizing defeat would force the U.S. to capitulate in the Pacific War and thus ensure Japanese dominance in the Pacific. This is a **free** class. [Register now](#).



## Talk about Hearing Loss

On **Tuesday, September 17 at 10:30**, Susan Ordonez from the Division of Service to the Deaf and Hard of Hearing, will be at the Center to **TALK ABOUT HEARING LOSS**. We will learn tools for handling hearing loss, why it is harder to hear sometimes, what to do when communication breaks down, and resources and technology that are available. You will learn helpful hints during this class. This is a **free** class. [Register now](#).

## Grief Support Class

On **Friday, September 20 at 10:30**, Jody Davis, a Chaplain from Rocky Mountain Hospice, will discuss ways to process grief in our **GRIEF SUPPORT CLASS**. Grief is not limited only to the death of a loved one; it may also be caused by a reaction to divorce, a decrease in physical ability, and other grief-producing events that are all too common as we age. This is a **free** class. [Register now](#).

## Brain Boot Camp

On **Friday, September 20 at 10:30**, representatives from Humana Healthcare will be leading us in **BRAIN BOOT CAMP**. Your brain has everything to do with who you are and what you do. Keeping your mind sharp is just as important as exercising is for good health. Find out how to protect your brain health and help reduce your risk of dementia. This is a **free** class. [Register now](#).

## AARP Smart Driving Class

AARP teaches a **SMART DRIVING** class on the fourth Tuesday each month. The next class will be on **Tuesday, September 24** from **9:30-2:30**. [Register now](#).

The cost is **\$15** for AARP members and **\$20** for everyone else. The instructor will collect the fee. **Make checks out to AARP and pay the day of class. They do not take credit cards.** Bring your AARP membership card and valid driver's license. Check with your auto insurance company about a possible insurance discount for attending.

## Vital Aging

### **Note New Time**

Melissa Foulger from Valley Mental Health's **VITAL AGING** project will be available at 12:30 prior to the 1:00 class if anyone would like to visit with her regarding any personal problems or issues you may be having in your life.

On **Tuesday, September 24 at 1:00**, the wellness topic will be **DECLUTTERING 101**. Do you find yourself surrounded by stuff? Would you like to learn how to part with items you no longer need and make space for new memories and opportunities? Come learn why we hold on to things and what we can do when our stuff takes over. This is a **free** class. [Register now](#).

## Dance Lesson Workshops

Starting on **Thursday, September 26** through **Thursday, October 31** from **1:00-2:00**, Kyle and Jackie Kidd will be teaching American Smooth Ballroom, which will include beginning and intermediate Waltz, Foxtrot, and Rumba. This six-week **DANCE LESSON WORKSHOP** is for beginning level dancers. No prior experience is needed; however, a dance partner is required. This is a **free** class. [Register now](#).

## Painting Classes

John Fackrell's six-week **WATERCOLOR** class will begin at **9:00-12:00** on **Monday, September 16** through **Monday, October 21**. Cost is **\$33**. Registration begins Tuesday, August 20.

John and Joan Fackrell's six-week **ART APPRECIATION** class will begin at **1:00-3:30** on **Monday, September 16** through **Monday, October 21**. Cost is **\$33**. Registration begins Tuesday, August 20.

Jeanette Morris' **PAINTING** class will continue through **Wednesday, August 28** at **9:00-12:00**. A new eight-week session begins on **Wednesday, September 4** through **Wednesday, October 30**. Cost is **\$40**. Registration begins Tuesday, August 27. Jeanette is an experienced teacher and paints in both watercolor and oils; she has some experience with pastels and acrylics.

## Crafts

Cindy Mangone's **CERAMICS** class is held at **8:30-12:00** every **Tuesday** and **Thursday**. Cindy can provide help for participants of all experience levels. The cost to participate is **\$1.50** each class plus cost of supplies. Supplies and equipment are available to produce knickknacks, works of art, and functional pieces such as plates and bowls.

A small group of **CRAFTERS** meets on **Tuesday** at **12:45-4:00** to share their skills, knowledge, and socialize. Newcomers are always welcome. Bring your ideas and projects to share.

## Crafting with Susan

This adorable pumpkin trio was too cute to pass up. Susan will be teaching her **CRAFTING WITH SUSAN** class on **Tuesday, October 8** at **2:30-4:00**. See the sample in the lobby display case. The cost is **\$5** and all supplies are included. Register now. The deadline to register is **Friday, October 4** at noon.



## Readers Theater

The **READERS THEATER** troupe meets every **Thursday** from **3:00-4:00**. If you would like to participate, please come and join in the fun!

## Computer Classes

Bob Beaudoin has one-hour **INDIVIDUAL HELP** appointments on **Tuesday** at **1:00, 2:00, and 3:00**. Bob can assist with computers or mobile devices (except Apple products). Cost is **\$3**. Registration and payment needed in advance.

Ashton Snelgrove and others from SoFi (Social Finance, Inc.) have one-hour **INDIVIDUAL HELP** appointments on **Thursday** at **2:00, 3:00, and 4:00** and **Friday** at **9:00 and 10:00**. They can assist with computers or mobile devices (including Apple products). Cost is **\$3**. Registration and payment needed in advance.

Glen Sisam's six-week **GENEALOGY** class will continue through **Wednesday, September 11** at **12:30-2:00**. A new session begins **Wednesday, September 18** through **Wednesday, October 23**. This is a **FREE** class. Registration begins Wednesday, August 28. Space is limited to eight participants (two need to bring their own laptop).

## Computer Lab

The **COMPUTER LAB** has six computers running Windows 10. Computers are available anytime a group class is not being held. There is no charge to use the computers. We ask that users sign in and list the computer they are using. Any printing costs **5¢** per page (pay at the Front Desk or use the cash box located in the Computer Lab).

## Stepping On

On **Wednesday, September 11** at **1:00-3:00** our **STEPPING ON** program will begin. Stepping On is a seven-week, evidence-based, fall prevention and self-management program held for two hours each session. This program will run through October 30 (no class on Wednesday, October 16).

This program covers strength and balance exercise, medication review, vision, home modifications, safe footwear, community safety, and sleep. Salt Lake County Active Aging Services is helping to provide this workshop at no cost to participants. Each participant will receive an exercise manual. Stepping On is for people who are age 60 or older and who live independently. This is a **free** class. Register now.



## Oktoberfest

Our annual OKTOBERFEST will be held on **Wednesday, October 16** from **11:00-1:00**. Registration begins on Wednesday, September 18. The meal will include a Salted Pretzel appetizer with German Mustard or Cheese, Beer Bratwurst or Roasted Chicken Breast, Roasted Red Potatoes, Bacon Sauerkraut, and Apple Strudel. The cost is **\$8** per person or **\$56** for a table of seven.



**Deadline: No reservations or refunds may be made after close of business on Wednesday, October 9.**

When purchasing your seats, specify chicken or bratwurst for each person. Up to seven tickets (a table) may be purchased by an individual. Register early—seating is limited and tickets go quickly.

Entertainment will be provided by *Polka Doodle Doo* featuring Kevin Scott Christensen, a local accordionist who has been playing German folk songs for years. The troupe includes Mark Chaney on percussion and Pamela Lemons on clarinet. Only ticketed individuals will be allowed in the dining room for the meal and entertainment.

## Birthday Wednesday

Celebrate your BIRTHDAY on the FIRST WEDNESDAY of the month and you could win a free lunch. The lunch is on us if you are turning 60, 70, 80, 90, or 100 this month—just tell the lunch cashier you have hit a decade! There is free cake and ice cream for everyone to enjoy, too.

*A special thank you to Memorial Mortuaries and Cemeteries for donating the cake!*

## Brunch Café

We will be offering our BRUNCH CAFÉ on **Monday, September 23** from **10:30-12:30**. You may choose a complete meal or pick a la carte from the menu.

## Weekly Transportation

Ask at the front desk about our free WEEKLY TRANSPORTATION to and from the Murray Senior Recreation Center for Murray residents on **Wednesdays**.

## Murray Senior Rec Center's Golf League

GOLF LEAGUE tournaments are for players 55+ who have attained a basic level of golf skill which will allow them to compete in 18 holes of play. Registration (reg) begins the Friday before the tournament prior and the payment deadline (dl) is the Monday prior to the scheduled tournament.

Sep 09	8:00	The Ridge	\$45	reg 8/23 dl 8/30
Sep 23	8:30	Meadowbrook	\$41	reg 8/23 dl 9/16
Oct 7	11:00	Banquet	\$5 golfer/\$8 non-golfer	Banquet registration deadline is Monday, September 30

## Pickleball Tournament Results

The Center recently sponsored our own "blind draw" PICKLEBALL TOURNAMENT. With 12 teams dinking and smashing the ball, everyone had a great time and are looking forward to the next annual event. Results were **Cliff Burton/Chris Clark – 1st, Richard Clark/ Marti Ransom – 2nd, Lynn Anderson/Sharon Matsuura – 3rd**. Thanks to all participants and especially to **Scott McGuire of Boomer Pickleball** for supplying the prizes and assisting with the tournament.



## Pen Pals

The 2019-20 school year is here and we will start our PEN PAL correspondence program the first week of October. We are looking for about 25 of our seniors who would like to be a pen pals with a local 5th grader. Letters are exchanged once a month through the Center's Front Desk; the students will write the first letter. There will be opportunities during the school year to meet your Pen Pal and we will have a party at the end of the school year.

This is a fun way to keep letter writing from disappearing and to bridge the generation gap. Register at the front desk if you would like to be a Pen Pal. You must register again even if you have been a Pen Pal in the past.

# September

## Monthly Calendar

# 2019

### Murray Senior Recreation Center

#10 East 6150 South  
Murray, UT 84107

**801-264-2635**

seniorrec@murray.utah.gov  
murray.utah.gov/140/Murray-Senior  
-Recreation-Center  
Director: Tricia Cooke

**Monday – Friday**

**8:00 – 4:30**

**Thursday**

**8:00 – 9:30**

**Saturday – Sunday**

**Closed**

MONDAY	TUESDAY
<div>  <p><b>CENTER IS CLOSED</b></p> </div> <p><b>2</b></p>	<p><b>3</b></p> <p>8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance 10:30 Tai Chi 11:30 Lunch 12:30 Canasta 12:45 Crafters 1:00 Computer Help 2:00 Beginning Line Dance</p>
<p>8:00 <b>GOLF:</b> The Ridge 9:00 NIA 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Overall Fitness Class 12:30 Personal Training 1:00 Movie: <b>OCTOPUSSY</b> 2:00 Strength Conditioning 5:00 <b>Open House Dinner</b> 7:00 <b>Family Concert: GBSB</b></p> <p><b>9</b></p>	<p><b>10</b></p> <p>8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance 10:30 Tai Chi / <b>History Class</b> 11:30 Lunch 12:30 Canasta 12:45 Crafters 1:00 Computer Help 1:30 <b>Attorney Consultation</b> 2:00 Beginning Line Dance</p>
<p>9:00 NIA 9:00 Watercolor 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Overall Fitness Class 12:30 Personal Training 1:00 Art Appreciation 1:00 Movie: <b>EVAN ALMIGHTY</b> 2:00 Strength Conditioning</p> <p><b>16</b></p>	<p><b>17</b></p> <p>8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance 10:30 Tai Chi 10:30 <b>Talk about Hearing Loss</b> 11:30 Lunch 12:00 <b>Medicare Counseling</b> 12:30 Canasta / <b>Veterans Benefits</b> 12:45 Crafters 1:00 Computer Help 2:00 Beginning Line Dance</p>
<p>8:30 <b>GOLF:</b> Meadowbrook 9:00 NIA / Watercolor 10:15 Pickleball 10:30 Chakra Meditation 10:30 <b>Brunch Café</b> 11:00 Bridge Lessons 12:30 Overall Fitness Class 12:30 Personal Training 1:00 Art Appreciation 1:00 Movie: <b>LOVE, OF COURSE</b> 2:00 Strength Conditioning</p> <p><b>23</b></p>	<p><b>24</b></p> <p>8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance 9:30 <b>Smart Driving</b> 10:30 Tai Chi 11:30 Lunch 12:30 Canasta 12:45 Crafters 1:00 Computer Help / <b>Vital Aging</b> 2:00 Beginning Line Dance</p>
<p>9:00 NIA / Watercolor 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Overall Fitness Class 12:30 Personal Training 1:00 Art Appreciation 1:00 Movie: <b>THE TALL T</b> 2:00 Strength Conditioning</p> <p><b>30</b></p>	

WEDNESDAY	THURSDAY	FRIDAY
9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga 10:00 Transportation 10:30 <b>Blood Pressure</b> 11:15 Chair Aerobics 11:30 <b>Birthday Wednesday Lunch</b> 12:30 Genealogy 12:45 Bingo 1:00 Bridge	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 10:30 Tai Chi 11:30 Lunch 12:00 Massage 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance	9:00 Zumba 9:00 Computer Help 10:00 Yoga 10:30 <b>eBooks and eAudiobooks</b> 11:15 Chair Aerobics 11:30 Lunch 12:00 <b>Greek Festival Trip</b> 12:30 Overall Fitness Class 12:30 Personal Training 12:45 Bingo 1:00 Bridge
9:00 <b>NO</b> Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga 10:00 Transportation 11:15 Chair Aerobics 11:30 Lunch 12:30 Genealogy 12:45 Bingo 1:00 <b>Stepping On</b> 1:00 Bridge	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 9:30 <b>Front Runner to Ogden Trip</b> 10:30 Tai Chi 11:30 Lunch 12:00 Massage 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance	9:00 Zumba 9:00 Computer Help 10:00 Yoga 11:15 Chair Aerobics 11:30 Lunch 12:30 Overall Fitness Class 12:30 Personal Training 12:45 Bingo 1:00 Bridge
9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga 10:00 <b>NO</b> Transportation 11:15 Chair Aerobics 11:30 Lunch 12:30 Genealogy 12:45 Bingo 1:00 <b>Pioneer Theatre Trip</b> 1:00 <b>Stepping On / Bridge</b>	8:00 Pickleball Instruction 8:30 Ceramics / 9:00 Pickleball 9:30 <b>Kennecott Visitor Experience</b> 10:30 Tai Chi 11:30 Lunch 12:00 Massage 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 6:00 <b>Fall Dinner Dance</b> 7:00 Evening Social Dance	9:00 Zumba 9:00 Computer Help 10:00 Yoga 10:30 <b>Grief Support Class</b> 10:30 <b>Brain Boot Camp</b> 11:15 Chair Aerobics 11:30 Lunch 12:30 Overall Fitness Class 12:30 Personal Training 12:45 Bingo 1:00 Bridge
9:00 Painting / Haircuts 9:15 Pinochle 10:00 Yoga 10:00 Transportation 10:30 <b>Advisory Board</b> ( <i>open to public</i> ) 11:15 Chair Aerobics 11:30 Lunch 12:30 Genealogy 12:45 Bingo 1:00 <b>Stepping On</b> 1:00 Bridge	8:00 Pickleball Instruction 8:30 Ceramics / 9:00 Pickleball 10:00 <b>Utah State Capitol Trip</b> 10:30 Tai Chi 11:30 Lunch 12:00 Massage 1:00 <b>Dance Lesson Workshops</b> 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance	9:00 Zumba 9:00 Computer Help 10:00 Yoga 11:15 Chair Aerobics 11:30 Lunch 12:30 Overall Fitness Class 12:30 Personal Training 12:45 Bingo 1:00 Bridge

## Cards

Informal **BRIDGE LESSONS** (Chicago/Party) are held on **Monday at 11:00**.

**BRIDGE** play is on **Wednesday and Friday at 1:00-4:00**. Some players arrive early to practice and start finding first round partners. If an even number of players are not available when the play begins, then the last person to arrive will be rotated in or three-handed bridge will be played.

**CANASTA** is played on **Tuesday at 12:30-3:30**. Beginners are welcome, all games are free, and anyone can join in on the fun.

**PINOCHLE** tournaments are held on **Wednesday at 9:15**. Players must check in no later than 9:00. No advance sign-up is required. The cost is **\$2** and is paid at check-in.

## Bingo

**BINGO** is played every **Wednesday and Friday at 12:45**. **Bingo is free, although donations** are appreciated. Winners receive a \$5 gift certificate to Macey's or Village Inn Restaurant.

**NOTE:** The bingo cards will be available at 12:30 each Wednesday and Friday. Tables will be called randomly to pickup cards before the start of bingo.

The bingo program is operated by donations. Please help the program maintain quality prizes by donating. The suggested donation amount is **\$1** for 1-3 cards played or **\$2** for 4-6 cards played.

A special **THANK YOU** to **Village Inn** for donating pies each week and to **Jenkins-Soffe** for sponsoring bingo on the first Friday of each month.

## Line Dance

Enjoy some great exercise, stimulate your brain, and meet with friends. **LINE DANCE** is held on **Tuesday at 9:30** for all dancers and **Tuesday at 2:00** for beginners. The cost is **\$2** and is paid the day of class and placed in the box on the stage.

## Monday Movie

Join us on **Mondays at 1:00** for a **free MOVIE** and popcorn!



### OCTOPUSSY

Monday, September 9  
1983 / 131 minutes  
British Spy



### EVAN ALMIGHTY

Monday, September 16  
2007 / 96 minutes  
Religious Fantasy



### LOVE, OF COURSE

Monday, September 23  
2018 / 84 minutes  
Romance



### THE TALL T

Monday, September 30  
1957 / 78 minutes  
Western

## Evening Social Dance

**DANCE** to the musical genius of Tony Summerhays each **Thursday night at 7:00-9:30 pm**. Cost for this activity is **\$5** per person. Light refreshments are served during the break and door prizes are given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency that provides the refreshments and a door prize. Last month our sponsors were Village Inn Murray, Village Inn West Jordan, Tony Summerhays, and Kneaders Bakery and Café.

## Fall Dinner Dance

Come and enjoy our annual **FALL DINNER DANCE** on **Thursday, September 19 from 6:00-9:30**. You will enjoy spaghetti with meatballs, garlic bread, and dessert. Cost is **\$10**. Space is limited to 100; register now. Deadline for Fall Dinner Dance registration is Thursday, September 12.



## Haircuts

Jocelyn Anderson provides **HAIRCUTS** on **Wednesdays** from **9:00 to 11:30**. Haircuts cost **\$9**. Hair washing is an additional **\$4**, and is paid the day of your cut at the Front Desk. Appointments are every 15 minutes. Payment is required at time of scheduling. Cancellations need to be made two working days in advance for a refund.

## Massage

Joanne Payne provides **MASSAGE** on **Thursdays** from **12:00 to 4:00**. Cost is **\$40** for an hour (12:00, 1:00, or 2:00). Cost is **\$20** for a half-hour (3:00 or 3:30). Payment is required at time of scheduling. Cancellations need to be made two working days in advance for a refund. *If you schedule a 30-minute appointment, wear loose clothing for your massage.*

## Blood Pressure

Steward Health Care Network will be providing **free BLOOD PRESSURE** screenings on **Wednesday, September 4** from **10:30 to 12:00**.

## Veterans Benefits

On **Tuesday, September 17** at **12:30**, Brock McLean, an officer in the American Legion Veterans Service, will provide individualized help to discuss **VETERANS BENEFITS**, assist with filing any claims, and answer general questions about benefits for Veterans. Advance appointments are required.

## Toenail Clipping

Dr. Scott Shelton provides **TOENAIL CLIPPING** every other month. The next scheduled toenail clipping will be on **Thursday, October 24** from **9:30 to 12:00**. The cost is **\$11**. Payment is required at time of scheduling; registration begins Thursday, September 26.

The doctor is unable to provide toenail clipping services for people who are diabetic or on anti-clotting agents such as Coumadin.

## Legal Consultation

An attorney is available for a 20-minute **LEGAL CONSULTATION** at no charge on the second Tuesday each month. Kyle Barrick will be here on **Tuesday, September 10** from **1:30 to 3:30**. Advance appointments are required.

Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or refer you to other sources for help, but they will not solicit your business. This is a **free** service.

## Medicare Counseling

Need help with **MEDICARE** or supplement issues? Sign up now for individualized help on **Tuesday, September 17** from **12:00 to 2:00**. Advance appointments are required. Bring documents related to your questions and a volunteer from Salt Lake County Aging and Adult Services Senior Health Insurance Program (SHIP) will help you. The volunteer comes the third Tuesday each month. This is a **free** service.

## Flu Shots

Community Nursing Services will be at the Center on **Friday, October 4** from **10:00 to 12:00**. You will be able to choose the regular Influenza Vaccine (Quadrivalent four strain), High-Dose Vaccine (for over 65), or Pneumonia vaccine. Prevnar 13 (PCV13) is recommended for all seniors 65 year of age and older that have not previously received this pneumococcal vaccination.

You **MUST** bring the following items with you before receiving your flu shots: insurance or Medicare card (must have Part B) and photo ID. Community Nursing Services is contracted to directly bill most health insurances.

If you don't have insurance, the regular **FLU SHOT** cost is **\$35**, High Dose **\$50**, Pneumonia (PPSV 23) **\$90**, and Prevnar 13 is **\$190**. As we age, our immune system weakens and our ability to fight illness decreases. Adults age 65+ are more vulnerable to influenza. Vaccinations are safe, effective, and considered to be the best way to help protect against influenza. No registration required.

## Exercise Classes

### GENTLE YOGA

Tuesday 9:00-10:00

This class is gentle in its approach and not as strenuous as other practiced forms of yoga.

### NIA

Monday 9:00-10:00

Neuromuscular Integrative Action (NIA) is an expressive fitness and awareness movement program designed to enhance balance and help you move in harmony.

### STRENGTH CONDITIONING

Monday and Thursday 2:00-3:00

Build muscular strength and endurance, increase your balance, and improve flexibility.

### TAI CHI

Tuesday and Thursday 10:30-11:30

Focusing the mind solely on the movements of form helps to bring about a state of mental calm and clarity.

### YOGA

Wednesday and Friday 10:00-11:00

An ancient system of movements and breathing techniques designed to help you relax and rejuvenate your mind and spirit.

### ZUMBA

Friday 9:00-10:00

This class involves dance and aerobic movements performed to energetic music.

### CHAIR AEROBICS (25¢)

Wednesday and Friday 11:15-11:45

Great for beginners, those with standing or balance problems, those who are easily fatigued, or those in a wheelchair.

## Pool Hall

Pool tables are available for your recreational enjoyment during our hours of operation. The equipment is located in the **POOL HALL** at the east end of the building.

### Exercise Class Fees

- \$3 for each class
- \$30 punch pass with 10 punches (no expiration)
- \$10 or \$20 monthly fee
- Class fees are **not included** in Silver Sneaker or Silver & Fit Medicare Supplement Insurance benefit

## Exercise Room

The **EXERCISE ROOM** is open for daily use and contains a treadmill, recumbent bike, hand and leg weights, weight machine, and a strength band wall. The cost is **\$1** per day, **\$5** for the month, or **free** if you have Silver Sneakers or Silver & Fit. Ask at the Front Desk for details.

## University of Utah Students

The University of Utah Exercise and Sports students will be here every **Monday** and **Friday** at **12:30-2:00**.

The students teach an **OVERALL FITNESS CLASS** at 12:30 that can help you improve your fitness levels and increase your endurance, balance, and stretching abilities.

They also offer 30-minute, one-on-one **PERSONAL TRAINING**. Sign up for this service in the exercise room.

The University of Utah students' overall fitness class and personal training is included with the exercise room fee.

## Chakra Meditation

Barbara Battison will present in-depth information about how **CHAKRAS** and **MEDITATION** work. Learn about different ways to take responsibility for your own health. A portion of this class will be spent on meditation and how to activate and keep your chakras balanced.

The eight-week session will continue through **Monday, October 7** at **10:30-12:00**. The cost is **\$20** for the session or **\$3** per class. [Register now.](#)

## Pickleball

Pickleball is the most exciting sport sweeping the country. Part tennis, part badminton, and a whole lot of fun. This racquet sport is played on a 20' x 40' court that limits the amount of mobility required to play the game.

Play **PICKLEBALL** every **Monday** at **10:15-12:00** or **Thursday** at **9:00-11:00** in the dining room or the outdoor courts (weather permitting). If you are new to the sport, **INSTRUCTIONAL PLAY** is every **Thursday** at **8:00-9:00**.

## Greek Festival

The Center bus will travel to the **GREEK FESTIVAL** at the Greek Orthodox Church on **Friday, September 6**, departing at **12:00** and returning about **4:00**. Cost of the trip is **\$8** and includes transportation and entry into the Festival. Some walking is involved in this trip. Food will be on your own. [Register now.](#)

## FrontRunner to Ogden

We will take the **FRONTRUNNER** commuter train to **OGDEN's** Historic Union Station. The almost century old Union Train Depot houses four classic museums—State Railroad Museum, John M. Browning Firearms Museum, Browning-Kimball Classic Car Museum, and the Utah Cowboy & Western Heritage Museum—and the Union Grill Restaurant, where you are free to dine on your own.

The Center Bus will take you to the Murray UTA Front-Runner stop on **Thursday, September 12** at **9:30** and return at **4:30**. If you would like to drive to the Front-Runner stop on your own, you may. [Limit is 20 people.](#) Cost is **\$10** which includes your FrontRunner ticket and entry into all four museums. [Register now.](#) This trip will require extensive walking to and from the station, museums, and restaurants.

## Pioneer Theatre Company: Cagney

The **PIONEER THEATRE COMPANY** is offering a private performance of **CAGNEY**. The award-winning musical follows the life of the legendary James Cagney from the streets of New York to his rise as one of the brightest stars of Hollywood, from a vaudeville song-and-dance man to cinema's original tough guy. The multi-talented cast includes Robert Creighton, who originated this role in New York that earned him the 2016 Astaire Award. The cast tap dances through a score that blends original music with classic George M. Cohen favorites, including "Give My Regards to Broadway," "Grand Old Flag," and "Yankee Doodle Dandy."

The Center bus will travel to this special performance on **Wednesday, September 18** at **1:00**. Cost of this trip is **\$6**. [Registration begins Tuesday, September 3.](#)

## Kennecott Visitor Experience

It's hard to miss Rio Tinto Kennecott's Bingham Copper Mine—even from space. The huge mine is more than 3,000 feet deep and 2.5 miles across. In 2014, a landslide closed the Visitor Center. A new center was unveiled recently which includes all kinds of hands-on exhibits.

The Center Bus will travel to the **KENNECOTT VISITOR EXPERIENCE** on **Thursday, September 19** at **9:30**. After our tour, we will travel to Jim's Family Restaurant in Riverton where lunch will be on your own. Cost is **\$10**. [Registration begins Wednesday, September 4.](#)

## Utah State Capitol

For nearly a century, the **UTAH STATE CAPITOL** has been one of our most prominent landmarks. Designed by local architect Richard K.A. Kletting, the Capitol has been home to State Government since its opening in 1916. From 2004 to 2008, it underwent one of the largest historical preservation projects in the United States.

Join us for a guided tour of the Utah State Capitol on **Thursday, September 26**. The trip will leave at **10:00**, and we will enjoy a sack lunch in the Capitol lunchroom next to the Hall of Governors after the tour. Cost of this trip is **\$8** and includes the tour and a sack lunch. [Registration begins Wednesday, September 11.](#)

## Fall Colors

Our **FALL COLORS** trips will travel up Provo Canyon to Heber and Kamas, then over the beautiful Mirror Lake Highway to Evanston where we will enjoy a buffet lunch at the Purple Sage Golf Course. We will return through Parley's Canyon. The chartered bus will leave the Center on **Thursday, October 3** at **9:00** and return around **4:00**. The cost is **\$32** and includes lunch and transportation. [Registration begins Tuesday, September 10.](#)

## Wendover

Travel to **WENDOVER** on **Thursday, October 10**, and enjoy a day at the Rainbow Casino. The cost is **\$20**. The chartered bus will depart the Center at **8:30 am** and return at approximately **7:00 pm**. [Register now; the registration deadline is Thursday, October 3.](#)

# SEPTEMBER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div>  <div>CENTER CLOSED</div>	<div>3</div> <b>TATER TOT CASSEROLE</b> Pasta Salad Chocolate Chip Cookie	<div>4</div> <b>TORTELLINI</b> Side Salad Garlic Breadstick Birthday Cake and Ice Cream 	<div>5</div> <b>PULLED PORK SANDWICH</b> Onion Rings Coleslaw No-Bake Cheesecake	<div>6</div> <b>BBQ CHICKEN</b> Potato Salad Baked Beans Vanilla Pudding
<div>9</div> <b>NO LUNCH</b>	<div>10</div> <b>TURKEY PITA</b> Cucumber and Tomato Salad Oreo Dessert	<div>11</div> <b>CHEESEBURGER</b> Tater Tots Fresh Fruit Creamie	<div>12</div> <b>CHICKEN TENDERS</b> Chips Broccoli Salad Mousse Cup	<div>13</div> <b>COUNTRY FRIED STEAK</b> Mashed Potatoes and Gravy Beets Chocolate Cake
Lunch is served Tuesday-Friday between <b>11:30-12:30</b> <b>Main Entrée price is \$4</b> Make your lunch selection and then pay the lunch cashier Sandwiches, soup, or salads available as alternatives Prices range from <b>\$2-\$4</b>				
<div>16</div> <b>NO LUNCH</b>	<div>17</div> <b>TERIYAKI MEATBALLS</b> Herb Rice Corn Rice Krispy Treat	<div>18</div> <b>SALMON</b> Red Potatoes Side Salad Carrot Cake	<div>19</div> <b>BRATWURST</b> Sauerkraut Fries Brownie	<div>20</div> <b>POT ROAST</b> Roasted Red Potatoes Green Beans Ice Cream Sandwich
<div>23</div>  <div>10:30 - 12:30</div>	<div>24</div> <b>CHICKEN SALAD CROISSANT</b> Fresh Fruit Lemon Bars	<div>25</div> <b>PIZZA</b> Side Salad Garlic Bread Cookie	<div>26</div> <b>BAKED HAM</b> Scalloped Potatoes Carrots Yellow Cake	<div>27</div> <b>BACON MEATLOAF</b> Mashed Potatoes and Gravy Mixed Veggies Watermelon
<div>30</div> <b>NO LUNCH</b>				